



13

Uniting the
community



15

Sign up for
free childcare



18

Plan your
nights Under
the Stars

the newham mag

issue 372 // 11 August – 24 August 2017 // Every fortnight

Getting hands on

Prince Harry joins in a
game of handball at
Central Park (p8)



Look out for the next issue from **25 August 2017.**

Contents



On the Cover

- 08 ROYAL VISIT** – Prince Harry meets schoolchildren at summer club
- 13 BUILDING COMMUNITY** – East Ham library reopens as a Community Neighbourhood Centre
- 15 CHILDCARE SAVING** – sign up for 30 hours of free childcare
- 18 FREE MUSIC EVENT** – the low down on all the acts at Under the Stars



In this issue

- 11 OPEN YOUR DOORS** – could you be a respite foster carer?
- 17 BOOK WORMS** – still time to join the Summer Reading Challenge
- 20 ARTISTIC GUIDANCE** – we speak to the Under the Stars artists

Regulars

- 03 NEWS** – three pages of news from across the borough
- 06 THE MAYOR'S VIEW** – news from Sir Robin Wales
- 22 OUR NEWHAM** – community news
- 24 KIDS' CORNER** – poems, pictures and puzzles for our younger readers
- 26 WHAT'S ON** – five pages of activities and events for you to try



PUBLICATIONS OFFICERS: Kay Atwal & Kim Inam
STAFF PHOTOGRAPHER: Andrew Baker
Call the Mag team on **020 3373 1517**
To advertise in the Mag call
Julie Madell on **07890 529 090**

Find us online at www.newham.gov.uk/mag

For information on all Newham Council services visit www.newham.gov.uk

[@NewhamLondon](https://twitter.com/NewhamLondon) www.facebook.com/newhamcouncil

If you do not receive the *Newham Mag* at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2QU, or email newham.mag@newham.gov.uk

Publication of an advert in the *Newham Mag* does not constitute endorsement of any goods or services offered. The *Newham Mag* is printed on 100% recycled paper by GD Web Offset Ltd and distributed by Letterbox Distribution.

News

Young ones doing better than the rest

Newham Council's approach to tackling social mobility and supporting the attainment of disadvantaged children has been praised by a leading independent research organisation.

A report by the Education Policy Institute (EPI) shows Newham's five-year-olds perform better than those in richer areas across the country. Children in the borough who are deemed to be disadvantaged, perform as well as non-disadvantaged five-year-olds nationally.

The findings are based on Early Years Foundation Stage Framework (EYFS) results. The framework sets the standards all early years providers must meet to ensure children learn and develop well, are kept healthy and safe and have the knowledge and skills they need to start school.

Children are deemed to have obtained a good level of development if they are achieving the 'expected' level or 'exceeding' the early learning goals in key areas of communication and language, physical development, personal, social and emotional development, as well as literacy and maths.

Newham's EYFS result in 2016 was 72.5 per cent compared to 69 per cent nationally. This year our result is 75 per cent, compared to 70 per cent nationally.

A key part in Newham's successes is the approach to delivering early years education and support. The council has worked with partners to improve the quality of nursery and childcare provision for children aged five and under, and introduced the Best Start in Life (BSiL) programme, which integrates childcare, children's centres and early years' health provision including midwifery and health visiting.

Mayor Sir Robin Wales said: "The disadvantage gap has been entrenched

in our nation's education system for generations. Our approach is about breaking this cycle and ensuring all our young people, whatever their background, have the opportunity to succeed and fulfil their potential.

"The evidence proves our methods are working and our universal offers such as the Best Start in Life programme, free school meals, and the Reading Guarantee, are truly making a difference in narrowing the attainment gap."



Sir Robin opens the Beckton and Royal Docks Children's Centre

Five-year-olds are fulfilling their potential

News

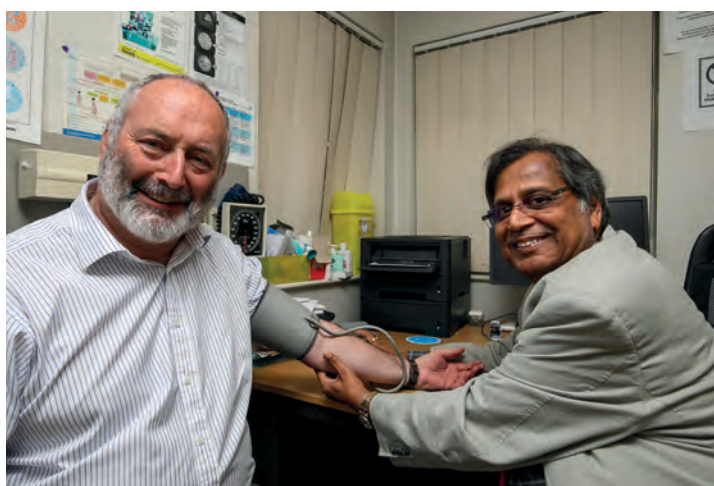
Keeping health in check

Newham's older residents are the best in the country for taking up the opportunity to have a free NHS health check.

According to Public Health England, between April 2016 and March 2017, Newham was the best performing local authority in England for the percentage of residents receiving a health check, which can identify the early signs of conditions like heart and kidney disease, diabetes and strokes.

Almost a quarter of people aged between 40 and 74 who do not already have a pre-existing health condition have taken up invitations by their GPs to be tested for these conditions. The tests, which take place every five years for patients, are funded by Newham Council.

Councillor Clive Furness, mayoral adviser for adults and health, said: "These tests are a vital way of helping us save lives. They act as an early warning system for long term conditions like heart disease and diabetes. Working jointly with GPs we are encouraging more and more people to take these free tests and I hope this trend is continues."



Councillor Clive Furness having his health check with chair of Newham CCG Dr Prakash Chandra



Sir Robin Wales joined residents and councillors in Plaistow Park

Community festival boost

Residents thronged to Plaistow Park for a community festival organised by Newham Council's Plaistow community neighbourhood team and Plaistow South Big Local.

The festival was attended by more than 1,500 residents who enjoyed fun activities including go-karting, dance performances and a market delivered by Plaistow's Youth Market at the park in Greengate Street.

Mayor Sir Robin Wales said: "It was great to see so many people enjoying the festival. This was one of the many activities that we put on for residents for free to get them involved in their local community. I was pleased to see all the talent we have in the area and I hope all the stallholders had a good day of trading despite the rain."

The event was supported by the West Ham United Foundation, ParkLives, activeNewham and the local police and fire brigade.

Health checks help save lives

...in brief

West Ham are works of art



Councillor Forhad Hussain, Dave Nash, Mick White and fans

The images of two West Ham United legends have been painted on a wall near the club's former Upton Park ground as part of a Newham Council street art project.

A 20ft by 20ft mural of Billy Bonds and Sir Trevor Brooking

together with the club's former crest, now adorns the wall of Ercan's Fish Bar at the junction of Barking Road and Priory Road.

The mural took West Ham fan and artist David Nash four days to complete and is part of a scheme to commission street art in locations around the borough. The project was sponsored by Mick White of Mick's Furniture Discount, Plaistow.

Deputy cabinet member for community neighbourhoods, Councillor Forhad Hussain, said: "This mural is a fantastic reminder to the historical link between the area and West Ham United. It has already attracted positive feedback from fans of the club and I hope many fans and local residents come and enjoy it."

Restaurant owner admits to dumping

A restaurant owner has been fined by Thames Magistrates' Court after he dumped businesses waste on Newham's streets.

Lawrence Ssedenge, 47, the owner of Kings Continental Cuisine in Barking Road, Canning Town, admitted five counts of fly-tipping.

He was caught by CCTV dumping his extra rubbish on the street because he had not bought an adequate trade waste licence. Ssedenge was fined £1,450 and had to pay a further £817 in costs and victim surcharge.

In the market for fun

Youngsters can burn off some energy at Queen's Market in Upton Park as part of the Summer Market Games. On Monday 14 August there is a community fun day at the market and on Wednesday 23 August youngsters can compete in tournaments.

The final tournament event takes place on Wednesday 30 August. All events are held between 12pm and 3pm. To find out more contact Green Street community neighbourhood team on 020 3373 0857.

Containers to contain artists' studios

Shipping containers will soon become the home of artists studios, cafes and bars in the Silvertown Quays development.

Newham Council has granted planning permission for 193 inter-connected shipping containers and flat pack cabins to form 151 artists studios and creative workspaces on the site for five years.

The containers will also house bars and exhibition spaces and the surrounding land will be turned into gardens and parks.

Station closure

As part of works preparing for the opening of the new Elizabeth Line there is going to be disruption at Pudding Mill Lane DLR station. The station is going to be closed most weekends in August and September and there will be no service between Bow Church and Stratford.

Works will include the replacement of overhead lines, installation of steel piles and track renewal works. Please check your journey by visiting

www.tfl.gov.uk

Mural celebrates Hammer's historic link to area

Mayor's view

Proud member of the culture club

I've always believed that as a council we must go that extra mile to improve the lives of our residents and young people. That's why, on top of our core statutory council duties of collecting rubbish, educating our young people and caring for our elderly, we've always done more.

Historically, Newham has always been a deprived part of London, and although in recent years house prices have been rising and the borough's demographics are shifting, a huge swathe of our residents are still not as well off in comparison to other London boroughs.

Our residents should be afforded the same opportunities as those living in

the more affluent areas of town and this is the reason we pay for and subsidise many schemes such as universal free school meals and loans to ease financial burdens.

But we don't just try to address the inequalities in housing and finance, we also strive to break down the social inequalities that can also be a barrier to our residents' success. That's why, starting from our youngest residents, we have the Every Child programme, which sees schoolchildren given the opportunity to learn a musical instrument and attend the theatre – opportunities they may never have had without our intervention.

For adults, every summer we put on four nights of music absolutely free. Under the Stars attracts huge numbers of visitors every year and concludes with a classical music performance from The Royal Philharmonic Orchestra. You can see the exciting line-up for this year on page 18.

Our positive attitude towards the arts means that the cultural industries are now turning their heads east. We already have award-winning venues such as Theatre Royal Stratford East, Stratford Circus and the Brick Lane Music Hall in North Woolwich. They all do a roaring trade.



Sir Robin meeting dancer Rhys Antoni Yeomans and Secret Cinema's Back to the Future took place in Newham



Our Every Child a Musician orchestra performs at Under the Stars every year (left) and Sir Robin with schoolchildren attending Stratford Circus as part of the Every Child a Theatre Goer programme



Recently I visited what will be the new home of the English National Ballet in Canning Town and met one of their acclaimed dancers. He told me about how he hopes the troupe's new rehearsal venue will help to spark an interest in those who would not normally consider taking up dance lessons.

Plans are afoot which will see the Victoria and Albert Museum, Sadler's Wells and a campus for the London College of Fashion all on Queen Elizabeth Olympic Park, helping to cement the borough's status as a cultural hotspot.

But that's not all. We've had the Secret Cinema brand set up on our doorstep for the second year running and only last month the council granted temporary planning permission for 191 shipping containers to be turned into artists' studios for five years on the Silvertown Quays site. In 2015 we teamed up with

Bow Arts and Create London to turn the former Manor Park library into artist studios and exhibition spaces.

The Forest Gate Arts Festival is growing ever more popular and all year round residents can explore the public art on display on The Line, which runs from Queen Elizabeth Olympic Park to the River Thames and includes work by Damien Hirst amongst others. On top of all that, look at all the fun, free, artistic events that are taking place in our community neighbourhoods every week.

We are going to apply to become the first London Borough of Culture in 2019. Between our venues, free events and Every Child programme, we have an incredibly strong story to tell. Please make sure you keep reading upcoming issues of the Newham Mag to find out how you can get involved and do take advantage of all the cultural opportunities we have to offer.

PRINCE HARRY LEND A HELPING HAND

Youngsters received some right royal encouragement at their summer holiday club when Prince Harry dropped into a Fit and Fed session at Central Park, East Ham.

Throughout the summer Newham Council's leisure provider activeNewham is working with the national charity StreetGames to put on 15 Fit and Fed activity sessions at Central Park. The sessions for five to 14-year-olds sees schoolchildren taking part in games and sporting activities, before being given a nutritious and healthy meal. The scheme aims to relieve the pressure on parents trying to find something to keep their kids busy during the school holidays and juggling household bills.

Prince Harry visited the first session of the holidays and coached the youngsters in a game of handball, watched a football match and got stuck into serving lunch.

Nine-year-old Katie Kaznetsova, who lives in Manor Park, said she had met the Prince before and he spoke to her asking if she was going to get more food. She said: "I had salad, fruit and a juice. The food was yummy, and we got to play netball and handball."

Iman Allard, nine, from Plaistow added: "I think it's a nice programme because you can try different kinds of sports. You get the chance to try new things."

"He joked that the bibs were twice the size of the children."

Launched this summer, the scheme is a response to the pressing issues of holiday hunger, isolation and inactivity that many children across the UK experience during the school holidays.

Mayor Sir Robin Wales joined the Prince at the park. He said: "It was fantastic to be able to welcome Prince Harry and show him the great work taking place to help our young people

lead healthy and active lives. The Fit and Fed campaign mirrors our commitment to encourage and help young people not just to get active but to also have a nutritious meal.

"Fit and Fed are very important to our communities."

"Since 2009 we have we have been working with our schools and delivering free school meals. This has helped enhance the educational performance and health of our young people, and given parents peace of mind their child is getting a healthy meal. However, it is not just during term time we need to provide this support, which is why schemes like Fit and Fed are very important to our communities."

Jane Ashworth, chief executive of StreetGames, added: "Parents in the poorest communities all over the country face tough choices every school holiday, a lot of families struggle to make sure everybody in their family has somewhere to go, something to do and something to eat. We hope that Fit and Fed sessions will help thousands of families nationwide this summer."

James Ralph, sport and physical activity manager at activeNewham, showed the Prince around the session. "Prince Harry had a great deal of empathy for residents looking to find activities for their children during the summer holidays," he said. "He really understood that it was an issue. He joined in the session and joked that the bibs were twice the size of the children."

For more information about the Fit and Fed sessions call **0300 124 0123**.





Prince Harry joined in activities at Central Park and helped kids get stuck into the food on offer



NEWHAM YOUNG MAYOR

Newham London

TIMBER LODGE, QUEEN ELIZABETH OLYMPIC PARK

- The event includes a Rollerskate Disco, Non Contact Boxing and Creating Projects in the park
- DJ, photo booth, refreshments and prizes
- £10 Westfield gift card for the first 50 attendees.

Sign up at: [young-mayor-summer-festival.eventbrite.co.uk](https://www.eventbrite.co.uk/young-mayor-summer-festival) and bring your Eventbrite ticket on the day.

Supported by activeNewham, and the London Legacy Development Corporation

 [ymnewham](https://www.instagram.com/ymnewham)  [@ym_newham](https://twitter.com/ym_newham) #YMSF17

Summer FESTIVAL

**SATURDAY
19 AUGUST,
12 NOON TO 5PM**



funded by



Securing you a better deal

Sun, surf and save

Don't let your finances
fizzle when the summer
starts to sizzle

Speak to us about:
Affordable loans
Smart spending

020 8430 2041

www.newhammoneyworks.co.uk

 **London Community
Credit Union**

**Mayor of
Newham**



Respite foster carer
Marjorie Leconte

Could you open your home to foster kids?

Newham has an amazing team of foster carers supporting the borough's looked-after children but even carers need some respite. Could you volunteer to help for a few days?

Have you ever thought about fostering but felt it was too big a commitment? Or because of family constraints felt you can't provide that long-term stable home that foster children need and deserve?

Well actually you can still help relieve the pressure off foster carers by signing up to care for a child part-time. Offering care for a few days a month, during the school holidays or on a regular basis allows our full-time carers an opportunity to have a holiday or spend

time on their own family commitments.

Marjorie Leconte has been a respite carer for 30 years. She said: "It's like when a family sends their child to stay with grandparents or an auntie to give their parents a break.

"The last child I cared for on a respite basis was a young boy who is in foster care outside of London and needed a place to stay so that he could visit his parents who live in the capital. It was a successful visit and he has since come back to stay with me again."

We are looking for more carers like Marjorie who have experience of caring for children with special needs. Carers receive an allowance, support from social workers and regular training. To find out more call Newham Fostering Service on 0800 0130 393 or visit www.newham.gov.uk/fostering



**Please put nappies
into your rubbish bin.**



A single nappy can ruin your recycling collection.
Please put nappies into your rubbish bin.

www.newham.gov.uk/recycle

Bringing East Ham residents closer together

Residents are now able to get more involved in where they live at the newly unveiled East Ham Community Neighbourhood Centre.



Sir Robin Wales and councillors at the opening of the revamped Community Neighbourhood Centre

London Borough of Newham

COMMUNITY NEIGHBOURHOODS

The former East Ham library in Barking Road has undergone a facelift in recent months to enable more local groups to host events in the heart of the community.

The new East Ham Community Neighbourhood Centre includes three new community spaces which can be used by local organisations for regular classes, exhibitions or events. Also on site is a 50-seater study area, a new children's play and activity area as well as a café run by The Larder. The library has been moved to the first floor, while the council's Customer Service Centre continues to be based in the building. Most of the works took place while the building was open.

Viewing the revamped centre Mayor Sir Robin Wales said: "We are committed to building a strong cohesive community, and our community neighbourhood centres play a key role in achieving this vision.

"There is a fantastic network of groups, organisations and activities across the borough that help people get more involved in their local areas.

"Transforming the library in East Ham into a community neighbourhood centre gives these groups a platform to help local residents meet new people, take up a new hobby and find out more about their area."

As well as the physical changes the centre is now open for longer from 8am to 8pm Monday to Friday and 9.30am to 8pm on Saturdays.



Revised Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Monday 28 August	Tuesday 29 August
Tuesday 29 August	Wednesday 30 August
Wednesday 30 August	Thursday 31 August
Thursday 31 August	Friday 1 September
Friday 1 September	Saturday 2 September

To check recycling collection dates for your area please visit www.newham.gov.uk/myneighbourhood and enter your postcode into the search. Please note that most recycling collections are fortnightly.

 **recycle for Newham**

visit www.newham.gov.uk/recycling



Excellent opportunity to pursue Higher Education in London

East End Computing & Business College (ECBC) is now inviting School/College leavers, future Entrepreneurs, Managers, Nurses, Social Workers to enrol onto a 2 Year Pearson's BTEC Higher National Diploma (HND) in Business and Health & Social Care course

- **BTEC HND Business**
- **BTEC HND in Health & Social Care**
- **Full time and flexible options available**
- **ENROLLING NOW for September 2017**

Call
020 7247 8447

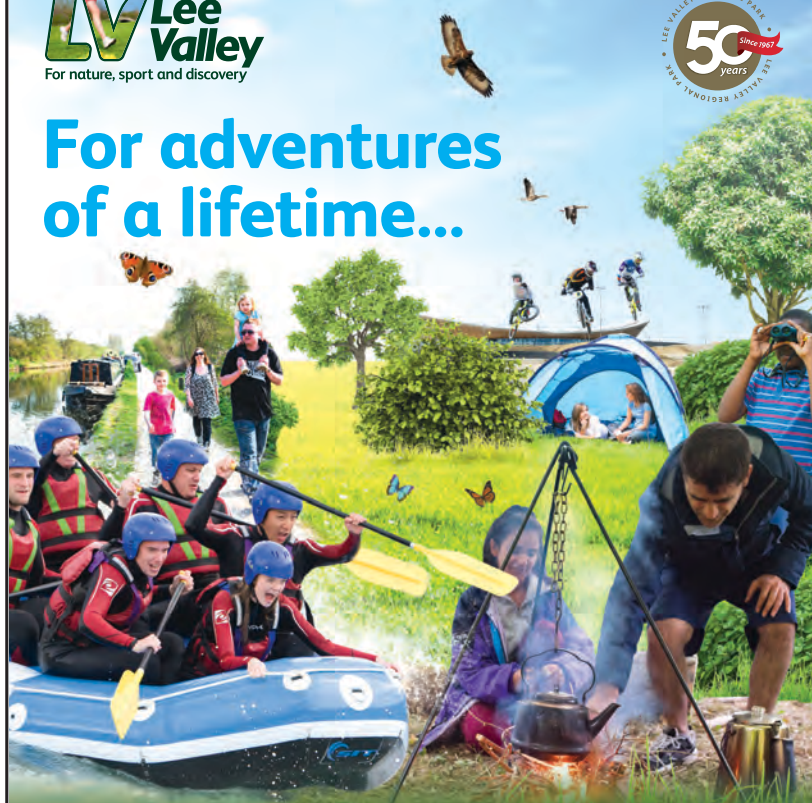
East End Computing and Business College
149 Commercial Road, London E1 1PX
Email: info@eastendcbc.co.uk
Web: www.eastendcbc.co.uk



Eligible applicants may apply for financial support to the Student Loan Company (SLC)



For adventures of a lifetime...



Explore Lee Valley and celebrate our 50th anniversary with great days out! From action-packed activities to exploring the great outdoors, start your adventure at

visitleevalley.org.uk



Brought to you by
Lee Valley
Regional Park Authority



140 providers
have signed up
to offer 30 hours
free childcare



Register for 30 hours free childcare

In Newham more than 140 Ofsted registered childcare providers have signed up to double their weekly offer of free childcare for working parents.

Parents of children aged three or older earning between £120 a week and £100,000 a year will be able to claim their free childcare allowance from September.

The allowance can be used to buy childcare from nurseries, childminders, pre-schools or private day care providers. Several providers have also joined together to help parents use their full allowance.

Lainey Panayis, took part in the pilot scheme which saw the provision double from 15 free hours a week to 30. She used a partnership between childminder Honey Kaur and Sheringham Nursery School in Forest Gate to provide care for her son.

She said: "To have included a childminding service has been a massive benefit. My partner and I were struggling to arrange childcare around our jobs. Without a childminder one of us wouldn't be able to work. Honey's service has been outstanding and the fact that she works closely with the nursery is fantastic."

Following a successful trial, this year working parents of three and four-year-olds are being urged to register now to take advantage of 30 hours of free childcare from September.

To secure a place for September apply now at www.childcarechoices.gov.uk

For the directory of Newham childcare services signed up to provide 30 free hours of care go to www.newham.gov.uk/30freehours



Dr Rosie Loftus

Do you get out of breath doing things you used to be able to do?

It could be a sign of lung or heart disease or even cancer. Finding it early makes it more treatable, so don't ignore it, tell your doctor.



Search 'Be Clear on Cancer'

**FREE
ENTRY**



live music WEEKEND

18-20 AUGUST 8PM TILL LATE

FRIDAY 18 AUG

Feel good Friday with **Byron Gold**

SATURDAY 19 AUG

Extravaganza night with
Tamara Nicola, Kestra
and **Pilo Adami**

SUNDAY 20 AUG

Red Fox presents
Red Carpet

**SPECIAL
DRINKS
OFFERS!**

RESERVE A SPACE: 020 8279 1161
STRATFORDEAST.COM

f /theatroyalstratfordeast
@stratfordeast #TRSEbar



**THEATRE ROYAL
STRATFORD
EAST** ...a people's
theatre

STILL TIME TO TAKE UP SUMMER CHALLENGE

This year's Summer Reading Challenge is bigger than ever with 23 primary schools, including more than 14,000 children, signing up to the six-book reading challenge.



Mayor Sir Robin Wales and Deputy Mayor (statutory) Ken Clark reading to youngsters in our libraries

Newham Council is committed to encouraging our children to develop a passion for reading, whatever their age. That's why we have put on a whole host of activities to get children involved in this year's challenge, which has an Animal Agents theme. There are poetry workshops, children's theatre performances and the chance to pet some real life exotic animals or take part in solving the mystery of a crime scene at our libraries.

Ahead of the summer holidays 16 primary schools had already brought

their students to the borough's libraries to kick start their challenge in earnest. As well as the school children who pre-registered for the scheme, a staggering 2,153 children have signed up independently across our ten libraries, 1,739 books have been read and 156 children have already finished the challenge and received their gold medal.

Each library is also hosting a well-loved children's author including household names such as Mark Powers and Tony Ross.

Mark Powers, author of *Spy Toys*, will be at Green Street Library on Tuesday 15 August from 2.30pm to 3.30pm.

Tony Ross, author and illustrator, will be at Forest Gate Library in The Gate Community Neighbourhood Centre on Wednesday 16 August at 2.30pm.

There's still time to get involved as the challenge finishes on Sunday 17 September.

For more information about the challenge and the events in our libraries visit www.newham.gov.uk/readingchallenge

**ANIMAL
AGENTS**
SUMMER READING CHALLENGE 2017

ENJOY FOUR NIGHTS UNDER THE STARS

Newham council's popular music event returns to East Ham's Central Park from Thursday 17 August to Sunday 20 August. Come and enjoy four nights of live outdoor music absolutely FREE.

Get ready for smooth reggae classics with some legendary acts on the opening night, the finest eastern beats on Friday and an evening of soul, R&B and disco hits on Saturday. Sunday favourites the Royal Philharmonic Orchestra will perform classical music ahead of a spectacular fireworks finale. Mayor Sir Robin Wales said: "Newham is one of the few councils in the country to offer free events like Under the Stars and the Mayor's Newham Show so that residents can come together, get to know their neighbours and not worry about money."

This year to help you plan your night out and find out when your favourite acts are on stage, here are detailed schedules for each of the four nights and some useful information about the event.



THURSDAY 17 AUGUST

Daddy Ernie hosts the opening night. He has graced the UK airwaves for more than 30 years as Choice FM's flagship reggae DJ and on Vibes FM.

7pm – Tippa Irie & The Lockdown Band
8.15pm – Horace Andy & Mafia and Fluxy Band
9.15pm – Daddy G (DJ set by Massive Attack founding member)
9.45pm – Pato Banton



FRIDAY 18 AUGUST

BBC Asian Network's Nadia Ali will be your host.

7pm – Chand Ali Khan Qawwal & Party
7.50pm – Faraz Khan
8.10pm – Sona Walia
8.35pm – Epika Dance Troupe
8.50pm – Arjun
9.20pm – Bollywood Ballerinas
9.45pm – Apna Sangeet



SATURDAY 19 AUGUST

Saturday is hosted by Heart FM's radio producer Roberto, who has entertained audiences around the world.

7pm – Edwin Starr Band featuring Angelo Starr

8.10pm – Ruby Turner

9.30pm – The Three Degrees



SUNDAY 20 AUGUST

7.10pm – Newham's Every Child a Musician programme presents The ECaM Stars Orchestra

7.45pm – Part 1: Royal Philharmonic Orchestra – conducted by John Rigby with mezzo-soprano Melanie Marshall and bass-baritone Rodney Earl Clarke

8.35pm – Interval

8.55pm – Part 2: Royal Philharmonic Orchestra

9.40pm – Fireworks grand finale



The programme and acts are subject to change, and times are approximate.

Under the Stars also offers a good selection of food stalls to satisfy even the fussiest eaters with everything from curries, fish and chips to jerk chicken, burritos, waffles and candy floss. There is also a licensed bar.

For younger members of the audience there will also be a traditional Big Wheel and a carousel.

USEFUL EVENT INFORMATION

Your safety and enjoyment at the show are paramount to us at Newham Council. We'd like to advise you that there will be enhanced personal searches on entry to the park, so please arrive well in advance of the event beginning. In order to allow easy access and cause minimal delays, we would like to discourage visitors from bringing large bags to the event. No glass bottles, metal cutlery or other sharp objects will be permitted into Central Park. Also please note that anyone bringing unsealed plastic bottles or baby bottles into the park will be asked to open them and taste the contents in front of security personnel before entering. If you are unwilling to do this, it is unlikely you will be permitted to enter. For the full Conditions of Entry of this event please visit www.newham.gov.uk/UTS

There is no public parking. Limited Blue Badge parking is available. Please walk or use public transport. Bicycle racks are available in Central Park. Visit Transport for London's website www.tfl.gov.uk for travel updates.

This event takes place on grass. Last entry is 10pm.

Thursday 17 to Sunday 20 August
Gates open 6.30pm every day.
Central Park, High Street South, East Ham, E6
FREE non-ticketed

For more information visit www.newham.gov.uk/UTS



Follow us on Twitter @NewhamLondon #NewhamUTS



Find us on Facebook NewhamEvents

Mayor of
Newham

THURSDAY & FRIDAY NIGHTS AT UNDER THE STARS

Guiding the next generation

Reggae artist Tippa Irie tells us about how he likes to look out for the next generation as he prepares to perform at Under the Stars.



Influencer Tippa Irie

"I have a big connection to Newham as my daughter lives here," says artist Tippa Irie, whose real name is Anthony Henry. "It's going to be a very exciting show, with some classic tunes as well as some new songs from my latest album, Living The Dream."

Having started out as an MC, Tippa found his feet in the industry with sound system Saxon Studio International. Over the years he has worked with artists including Will.i.am and The Black Eyed Peas and now has his own label, Lockdown.

Speaking from Brixton Hill Studios about the Peas' track Hey Mama he says: "That track kept me working solidly for two years. Everyone comes out of the woodwork and wants to know you when you're hot and popular, but things got down to normality when the track died down. That's the music business."

Tippa is no stranger to sharing his experience and expertise with the next generation. When he was touring Jamaica with Saxon he could see the sound system's style influencing the country's MCs and DJs. "We were cool with it, we ourselves learnt from our elders and it was inspiring to see the influence our style was having in Jamaica."

The first track on his new album Big People, is also about his generation guiding the youth.

On Thursday 17 August at Central Park Tippa and the Lockdown Band will feature drummer Drumpton Ward who recorded Hello Darling and It's Good To Have The Feeling You're The Best with him. They will be performing alongside Pato Banton, Daddy G (Massive Attack), Horace Andy & Mafia and Fluxy Band on the night.

KEEPING IT TRADITIONAL

On Friday night of Under the Stars we have the legendary bhangra band Apna Sangeet lined up to get you bopping the night away with their classic hits.



Kulwant (left) with Apna Sangeet band mate Sardara Singh Gill

Thursday 17 to Sunday 20 August

Gates open 6.30pm every day.

Central Park, High Street South, East Ham, E6

FREE non-ticketed

Programme is subject to change.

In the 1980s heyday of live bhangra music members of Apna Sangeet gave up their work in the factories of Birmingham and began touring around the world – since then they’ve not stopped.

To Kulwant Singh Bhamrah, one of the band’s original singers, it’s their western beats accompanied by good lyrics, strong voices and teamwork that has helped them endure the last three decades.

“Our style hasn’t changed, people want it traditional. University students used to come and see us, now they are in their 50s. I’ve had lots of messages from people saying they are excited about seeing us – they probably want to see what we look like now,” he jokes.

As well as performing with the band, the members have also done their own thing. Most significantly for Kulwant was his tumbi, an Indian string instrument, performance on Panjabi MC’s Knight Rider sample track, Mundian To Bach Ke, which made it to number 5 in the UK charts in 2003.

It is not what the boy from the Punjab expected to do. “I grew up inside a family atmosphere of singing, laughing and joking – I used to always mime. It was only when I came to the UK in 1979 that I joined bhangra bands and started singing and learning how to write songs.”

Although the industry has changed with bands doing less live performances Kulwant is pleased Apna Sangeet can have fun on stage at Under the Stars.

He added: “We’re looking forward to coming to Newham and performing live. It’s much more fun than recording – you get to play with the music, add things to the songs, change the running order and play with it a lot more.”

Apna Sangeet will be performing alongside Chand Ali Khan Qawwal & Party, Faraz Khan, Sona Walia and Arjun on Friday night of Under the Stars.

Mayor of
Newham

School's brightest win science competition



A team of Year 9 students from Brampton Manor Academy fought off tough competition from across the country to become one of 13 winners of a national school science competition, The Bright Ideas Challenge. Now in its second year, the competition is part of oil company Shell's on-going commitment to inspire the next generation of scientists and engineers.

With an extra two billion people expected to live on the planet by

2050, needing 50 per cent more energy than today, The Bright Ideas Challenge asked students to come up with creative solutions for powering future cities.

The team's 'bright idea' of using food waste to create food fuel in future cities won them £1,500 to super-size the science, technology, engineering and mathematics learning environment at their school, as well as a tablet device for each team member.

Judges were impressed by the team's creative thinking and sound scientific research behind their proposed sustainable energy.

Volunteers pitch in to help Cody Dock

Pupils and staff from Star Primary School took part in a volunteer day designed to help improve the physical environment around the Cody Dock area.

The event was part of the area's Wild About the Crescent project which is led by the Gasworks Dock Partnership (GDP) in Cody Dock. It is a collaborative approach between local businesses, schools and the community. Its aim is to create a more pleasant place for those who work in the area, as well as a haven for wildlife.

The children and staff from the Canning Town school joined GDP staff in designing and creating a giant bug motel and sign to kick start the project. They were followed by staff from Union Hand Roasted Coffee clearing an area outside their offices, to install the sign and motel.

The project is expected to develop over the coming years involving more businesses, schools and partners.





The human sculpture project has been especially created for Stratford

East London Dance announces the UK premiere of Willi Dorner's Stratford Living

Culture lovers who like their art with a twist are in for a treat with a human sculpture photography project in Stratford.

On 26 and 27 August, East London Dance will present Stratford Living, a project created by the internationally-renowned choreographer, Willi Dorner. It has been created especially for Stratford, and will be the first time the eye-opening living room project has been mounted in the UK.

Working with local professional dancers, Dorner has choreographed a series of human sculptures in a range of private homes and public spaces in both the historic and more recently developed quarters of Stratford including Queen Elizabeth Olympic Park.

These sculptures have been photographed by Dorner's collaborator Lisa Rastl, and audiences can experience an exhibition of these photographs on a walking tour of Stratford in the places they were created. For more information visit www.eastlondondance.org

HEALTHY LIFESTYLE AND AWARENESS EVENT

Staff and patients at a medical centre took control of their health by setting up a regular walking group.

The staff at Upton Lane Medical Centre, in Forest Gate, joined patients for their first hour-long walk to West Ham Park where they took part in light exercises and a brisk walk around the park.

Walks will be held on Mondays from 5pm to 6pm and Thursdays from 12noon to 1pm. Additional events could be added depending on patient demand.

The practice is also hosting a Healthy Lifestyle and Awareness Event on Saturday 23 September from 10am to 3pm. The day's events will include food demonstrations, tasters by Food Academy, speakers from Diabetes UK and the GlucoMen company's stroke awareness team. Practice nurses will also be available to carry out blood pressure and sugar checks.



The walkers in West Ham Park

Inspiring workshops help mum



Manaza Nasa with children Anisa, Aisha and Daud

A series of healthy workshops have inspired a Newham mother to improve her cooking habits and lose weight.

Manaza Nasa took part in the Make, Move & Munch sessions run by the Food Academy at East Ham Leisure Centre in Barking Road last year and found them so inspiring that she lost a stone in weight and has signed up her children for gymnastics and football classes as a result.

She said: "Make, Move & Munch Clubs were really good fun. Making healthy food and exercising seemed too difficult before, I felt like I already had so much to do I couldn't be bothered to think about anything else."

There are 'women only' sessions taking place at the Food Academy in East Ham Leisure Centre throughout August. They will be held on the 15, 16, 22 and 23 August from 10am until 12.30pm.

For more information contact Sandeep@food-academy.co.uk or call 020 8127 6557.

Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS, JOKES AND POEMS TO:
**KIDS' CORNER, WEST WING
 4TH FLOOR, NEWHAM DOCKSIDE
 1000 DOCKSIDE ROAD, LONDON E16 2QU**
 or newhammag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return any entries.

GALLERY



Sancha Francis, 5



Amrit Kaur Parmar, 10



Faiza Hussain, 10



Netra Rajesh Kannah, 5

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or **newhammag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



Colour-me-in Crossword

Jokes

Q Why was the maths book so sad?

A Because it was full of problems.

Q Why did the bread roll?

A Because it was saw the apple turn-over.

Q What type of stories does a sailor tell his children?

A Ferry tales.

Q What kind of lights did Noah use for the ark?

A Flood lights.

Q What do you call a cat with eight legs?

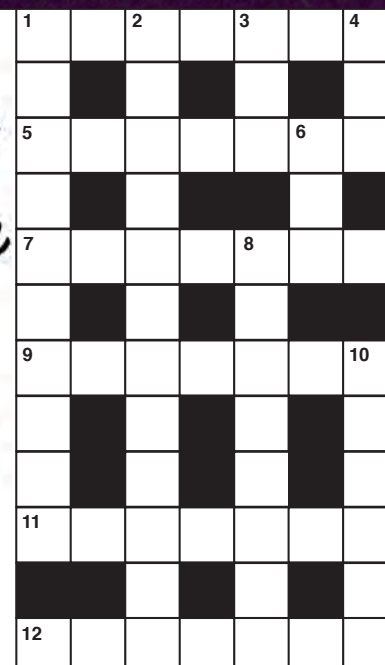
A An octopuss.

Q What do you call a sleeping bull?

A A bulldozer.

Q How do you send a baby astronaut to sleep?

A Rocket.



Across

1. Commanding officer in the army (7)
5. Biggest (7)
7. Chinese game played with rectangular tiles (3-4)
9. Causes harm (7)
11. Travelling on a boat (7)
12. Part of a book (7)

Down

1. These are awarded to winners in (4,6)
2. Canada, USA and Greenland (5,7)
3. Fish eggs (3)
4. On fire (3)
6. Star around which the Earth orbits (3)
8. Person who plays the organ (8)
10. Ariana Grande or Ed Sheeran (6)

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE

- 1 Summer Reading Challenge** – Tony Ross, illustrator of the Horrid Henry books, visits The Gate library, Woodgrange Road, Forest Gate, E7, on Wednesday 16 August 2.30pm to 3.30pm as part of Newham Council's Summer Reading Challenge.
- 2 Forest Lane Park Fun Day** – free activities for all including face-painting, inflatable assault course, knitting, fitness taster sessions and music. Forest Lane Park, Forest Gate, E7. Saturday 19 August, 12pm to 4pm.
- 3 Salsa Exercise Group** – join this free dance and exercise group which is open to all. No booking required. Sessions take place at Beckton Globe Library, E6, on Tuesdays from 6.30pm to 7.30pm.

CRICKET IN THE PARK

Come and bowl a few overs or score some runs with the bat. Free cricket sessions for young people aged from five to 19. All equipment is provided. They take place in Priory Park, Priory Road, Upton Park, E6, on Saturdays, from 11am to 1pm. For more information email CN.greenstreet@newham.gov.uk



TRY SOMETHING NEW... SUMMER HOLIDAY

Join these free holiday lunch clubs run by the Food Academy for some hands-on cooking instruction. Prepare delicious food as well as enjoy some fun activities to promote wellness. For mothers and children.

Sessions take place at East Ham Leisure Centre, E6, on Tuesdays and Wednesdays in August from 10am to 12.30pm and 1pm to 3.30pm.

Advance booking is required. To do so and for more information email hello@food-academy.co.uk



Indicates free sessions

Libraries unless stated.

UNDER-FIVES

Storytelling

Tues, 10.45-11.30am, Tues, 1.15-2pm, Canning Town; Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park; Tues, 10.30-11.30am, The Gate; Sat, 11.30am-12pm, Green St; Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow; Tues, 10.30-11.15am, North Woolwich

Stay and Play

Support for parents and carers to develop their child through play. Sat, 11-12pm, Green St; Weds, 10.30-11.30am, Plaistow; Tues, 8.15-10.15am, Thurs, 8.15-11.15am, The Gate

Jiggaree Session

Fri, 10-11am, Plaistow

Reading Together

Thurs, 2.30-3pm, Custom House

Bumps and Babies

Fri, 2-4pm, The Gate

Baby Yoga

Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 Weds, 1-2pm, Stratford

Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. Weds, 12.30-1.30pm, Manor Park

Music and Movement

For children and parents or carers to get active using different types of dance and instruments. Tues, 9.30-10.15am, Plaistow

Triple P Parenting

Parenting techniques for children aged 18 months and above. Tues, 5.30-7.30pm, East Ham; Weds, 12.45-2.45pm, Manor Park

YOUNG PEOPLE



Chatterbooks (7-12) ★

A new book club to inspire young children to read for pleasure. It includes fun and creative activities to encourage young children to participate and read in an interactive way. Sat, 2.30 – 3.30pm, Plaistow; Weds, 5-6pm, The Gate; Tues, 4-5pm, North Woolwich; Mon, 4-5pm, Custom House; Mon, 4-5, Canning Town

Games Club (7-16yrs) ★

Sony PS3, Xbox360, Wii, board games and more. Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; Thurs, 3.30-5.30pm, Plaistow

East Ham Youth Zone ★

Sony PS4, DJ decks and other activities. Tues, 4.15-7.15pm, East Ham

Arts and Craft Workshop (6-12yrs) ★

Sat 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 1-2pm, Green St; Sat, 2-3pm, North Woolwich; Tues, 3.30-5pm, Plaistow; Tues, 4-5.30pm, The Gate

East Ham IT Youth Zone ★

Support in using IT for homework and fun. Mon, 4.15-6.15pm, East Ham

Family Movie Club ★

Sat, 3-5.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham; Thurs, 4-7pm, North Woolwich; Fri, 4-6pm, The Gate

Young People's Positive Activities (9-19yrs) ★

Weds, Fri, 7-9pm, Harold Rd Centre

Table Tennis Mondays ★

Meet new people and try your hand at table tennis. Mon, 4-7.30pm (children), The Gate

Lego Club

Create Lego models based on weekly themes. Sat, 3-4pm, The Gate; Sat 2-3pm, Thurs 4-5pm, Green St

Tae Kwando Club ★

Contact khanqublackbelt@yahoo.co.uk or call 07984 684 805 for more info. Fri, 6.45-7.45pm, Green St.

The Chill Spot (11-19yrs) ★

Activities include table tennis, discussions, creative workshops. Mon, Weds, 3.30-6.30pm, Stratford.

Code Club (7-11) ★

Scratch, Python, cartoons, websites and more. Booking required. Sat, 10-11am for beginners or 11am-12noon for improvers, Custom House

Junior Football Sports Coaching – activeNewham (7-12yrs) ★

Fri, 4-6pm, Jack Cornwell C.C

Performing Arts Activities ★

A range of dancing and singing, family arts activities. Fri, 5-7.30pm, East Ham

Youth Works ★

Taekwondo, Sony PS4, careers, chill zone, healthy living and other activities for ages 11 to 19. Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C

Film Club (16yrs+)

Thurs, 1-3.30pm, North Woolwich; last Fri of month, 6-8pm. Stratford

ACTIVITIES AND SUPPORT



Afternoon Tea ★

Weds, 4-5.30pm, Canning Town

Chess Club ★

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), The Gate; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 5-6pm, (children), Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Canning Town; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow

Coffee Mornings ★

Tues, 11.30am-1pm, Beckton; Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Canning Town; Tues, 11am-12.30pm, Custom Hse, Fri, 11am-12noon, Green St; third Tues of month, 10.30am-12pm, Plaistow

Do It Online (18yrs+) ★

Computer classes. Weds, 2-4pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House; Tues, Thurs, 11am-1pm, Green St; Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Canning Town; 1.30-2.30pm, North Woolwich

Knit & Natter (16yrs+) ★

Fri, 10.45am-12pm, Canning Town; Weds, 10.30am-12pm, Beckton; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12noon, East Ham; Weds, 10.30am-12.30pm, Green St; Weds, 10am-12pm, Fri, 10am-12pm, Plaistow; Tues, 11am-1pm, The Gate

ICT Drop-in Session

Set up a My Newham profile and create an email account. Weds, 11am-1pm, The Gate

Life in the UK Classes

Support for people taking the Life in the UK test and B1. Call 0208 542 3904, Tues, 12.30-2.30pm, Stratford; Weds, 12.30-2.30pm, Fri, 9.30-11.30am, Plaistow

ESOL for Beginners

For adults seeking to improve their English. Tues, 9.30-11.30am, Weds, 9.30-11.30am, Jack Cornwell C.C

Basic Computer Skills ★

Fri, 10.30am-12.30pm, Manor Park

English Conversation Club

Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon, 10-11am, Jeyes C.C; Mon, 10-11am, Plaistow; Thurs, 10.30-11.30am, Green St

Stratford London

Toastmasters Public speaking club. First and third Mon of month, 6-8pm, Stratford

Docklands Drop-In Group

Weds, 12.30-3pm, Beckton C.C.

Poetry Group (16+) ★

Sat 11am-1pm, Mon, 6-7.30pm, Stratford; Weds, 6-7.30pm, East Ham; Tues, 2-3.30pm, Jack Cornwell C. C. Thurs, 6-7.30pm, Green St
mail sonesquin@hotmail.com

International Lunch Club

£3 per meal. Mon, 12pm, Beckton C.C

Dominoes (13+) ★

Should read: Test your skills or learn to play. Sat, 2.30-7pm, Beckton Globe; Mon, 1.30-4.15pm, Weds, 2-4.30pm, Beckton C.C

Conversation/debate Class for ESOL

Improve your spoken English with friendly beginners conversation and debate club. Tues, 6-7.30pm, Canning Town.

Table Tennis Mondays ★

Mon, 8.15am-4pm, The Gate

Board Games for Adults (18+)

Carrom Board, chess and other board games for adults. Thurs, 5.30-7.30pm, The Gate

Workplace Drop-Ins ★

For residents looking for employment to discuss job vacancies, training etc. Every Fri, 10.30am Green St; Thurs, 3-5pm, 24 Aug, (fortnightly), Canning Town; Tues, 2-5pm, 22 Aug, (fortnightly), Custom Hse; Tues, 2-4pm, 22 Aug, (fortnightly), The Gate; Weds, 3-5pm, 23 Aug, fortnightly, East Ham; Weds, 2-4pm, 16 Aug, fortnightly, Stratford

Embroidery (16+)

Learn new sewing skills or find new ways to make things using textiles. Thurs, 10.30am-12.30pm,

Manor Park

Creative Writing and Poetry Group (16+) Thurs, 6.30-7.30pm, Canning Town

An app a day

Learn how to make the most of your devices. Mon, 6-7.30pm, Canning Town; Tues, 6-7.30pm, Manor Park

Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

Together We Can

Fortnightly group for adults under 50 who've suffered a stroke. Fri, 2-4pm, Plaistow

Model Train Workshop

Join other enthusiasts. Mon, 1-3.30pm, North Woolwich

Alcoholics Anonymous

If you have a concern about your drinking, call Alcoholics Anonymous for meetings in Newham on 020 7407 0700

Safer Neighbourhood Drop-In

Speak to your police Safer Neighbourhood Team about crime and disorder issues. Third Mon of month, 6-7pm, East Ham

Oral Health Drop-in

First Thurs of the month, 3-5pm, The Gate

Family Salsa

High tempo and fun salsa sessions for all. Sat, 4-5pm, until 2 Sept, East Ham

Crochet Course

All ages welcome. Mon, 10am-12pm, Plaistow

Book Club and Creative Writing Group

Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park

COMMUNITY ACTIVITIES



Any Old Irons

Share memories of West Ham United, ages 60+. Weds, 1-3pm, East Ham. Book on 0330 332 1110.

Newham Steelpan Classes

Learn to play the steelpan. Fri, 5-6.30pm, Stratford Library

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

Boxing and Self Defence

Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

Martial Arts

Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe

Bootcamp and Karate

Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

Kickboxing and Yoga

Sat, 10-11am, Katherine Rd C.C.

Martial Arts

For children aged 7 to 12 with a professional teacher. £2. Tues, 6.45-7.45pm, Thurs, 4.45-5.45pm. Beckton

Women's Boxing

Monday's 9.15-10.15am, Katherine Road C.C

HEALTH AND FITNESS



Beckton Strolls and Stories

Start the week with a fun walk to the park and then back to the library for a snack and a storytelling session. Routes are buggy friendly and led by a professional walk leader. For more details call 020 3373 0853 Meet outside Beckton Globe Library, Mon, 9.30-11.30am

Yoga Course

First class £5, £8 after that or £35 for five sessions. Mon, 7.15-8.45pm, at Maryland Studios, Leytonstone High Rd, E15. Contact yogabreathandbody@gmail.com

Dancercise Ages 14 and over, men and women. Sat, 11am-12pm. Katherine Rd C.C.

Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C; Sat, 6-7.30pm, Stratford; Sat, 2.30-5pm, The Gate; Mon, 4-5pm, East Ham

Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class

Fri, 10.30-11.30am, Beckton C.C. Weds, 8.15-9.15am, (book in advance, library members only), The Gate. Fri, 5-6pm, Beckton Globe;

Yoga

£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Tues, 1.15-2.45pm, Stratford; Tues, 1.30-2.30pm, £1, Tues, 1.15-2.45pm, Stratford; Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C

Tone-Tastic (18+yrs)

Mon, 2-3pm, Field C.C

Stroke Club (18+)

For men and women living with the effects of stroke. Weds,

2-5pm, Katherine Rd C.C.

Hula Hooping

Fun sessions. No experience needed. Sat, 2-3pm, Plaistow; Weds, 6-7pm, Stratford

Pilates Classes (18+)

Mon 9.30-10.30am, Jack Cornwell C.C, Thurs, 6-7pm, Manor Park

Pilates Group

Open to all. No booking required. Thurs, 6.30-7.30pm, Beckton

Unity Zumba

Mon, 8-9pm, Flipout, 281 Barking Rd, E6, Tues, 8-9pm, St Mark's C.C; Thurs, 8-9pm, St Mark's C.C Classes £5 per session. Call 07886 884573

Tai Chi in the Park (18+)

Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Monday, 11am-12noon

Plaistow Social Walk

Fun social walk to improve your fitness and make new friends. For all ages and abilities. Meet at Plaistow Library to start off on the walks. Tues and Sat, 10-11am

Tai Chi Sword Class

Adults only. Weds, 10.30am 12pm. Beckton C.C

Modern Arnis

Filipino martial art with sticks. Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C

Breathe Easy Group

For people over 18 with lung conditions. First Thurs of month, 12.30-2.30pm, Beckton C.C

Walking Yoga

Open to all. Thurs, 2-3pm. Meet Stratford Library and walk to Stratford Park for yoga

Cycling Programme

For learners and less confident cyclists aged 50+. Bring your own bike or ask to borrow when booking. Sessions in Royal

Docks with qualified instructor.
Mon, 10.30am-12.30pm, until
3 Sept. Call 020 3373 0853 for
details

Quadrille Dancing

Try this classic dance style. Mon,
1.30-2.30pm, East Ham

50+ ACTIVITIES



Bingo

Mon, 11.30am-1.30pm, Beckton
C.C.; Mon, 12-4pm, Jeyes C.C.;
Thurs, 7-9pm, Jack Cornwell C.C

ICCAN

Faith based group with cultural
activities. Fri, 12-2pm, Jeyes C.C

Active Centre Group

Weds, 12-4pm, Field C.C.; Mon,
Weds, Fri, 1.30-4pm, Beckton
C.C.

Dominoes Group

Fri, 6-10pm, Field C.C.; Weds,
1.30-4.30pm, Plaistow

Forever Young

Enjoy community activities
and make new friends. Weds,
11am-1pm, Beckton; Weds,
10.30am-12.30pm, Field C.C.

Happy Living Club

Indoor/outdoor activities. Tues,
Weds, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club

Weds, 12.30-1.30pm,
Manor Park

Walking Football

Email: dgheerawo@
westhamunited.co.uk or call
07803 201299. Tues,
10-11am, Priory Park

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 11am-12pm, Jack
Cornwell C.C.

Get Active, Get Healthy – Walk to the Park

Mon, 10.30-11.30am, Manor Park

Community Cooking Project

Six-week course. £6.
Tues, 10am-12pm and

12.30-2.30pm, East Ham

Pilates Class

Tues, 9.30-10.30am, Field C.C.;
Mon, 9.30-10.30am, Jack
Cornwell C.C.; Thurs, 6-7pm,
Manor Park; Mon, 10-11am,
East Ham

Chair Based Exercise

For all fitness levels. Fri, 10.30-
11.30am, East Ham, Tues,
12.30-1.30pm, Manor Park;
Mon, 12.30-1.30pm,
Green St; Weds, 11am-12pm,
Stratford

Fitness

Fitness circuit, mixed, 9.15-
10am, Thurs; Fitness circuit,
mixed, 10-10.45am, Thurs;
Zumba, 1-2pm, Tues, ladies
only; Exercise for ladies,
9.30-10.30am, Fri; Exercise
for ladies, 10.30-11.30am, Fri,
yoga for ladies, 1-2pm, Fri.
Katherine Rd C.C.

Games and Friendship Club

Chat and make friends over
games and a cuppa. Thurs,
11am-1pm, East Ham

Carers Exercise Class

Thurs, 11am-12pm,
Manor Park

Zumba

Women only session. Tues,
1-2pm, Katherine Rd C.C

Smart Project

Social group with lively
discussion and refreshments,
Thurs 11am-2pm, Jeyes C.C

Ballroom Dancing

Latin and ballroom classes.
Mon, 12-12.45pm (beginners),
1-4.45pm (advanced),
Carpenters & Docklands
Centre, Gibbins Rd, E16

GREEN



Green Gym

Weds, 10am-1pm, and last Sat
of month, meet at Visitor Centre
in East Ham Nature Reserve,
Norman Rd, E6.
Call 07845 973156

Green Volunteering

Tues and Thurs, 10am-2pm
Silvertown
Wy, E16 (opp. Hallsville Rd)

Garden Club

Tues, 1-3pm, Thurs, 4-7pm,
Sat, 11am-4pm, Abbey Gdns,
Bakers Row, E15

Gardening Thymes

Gardening Club

Fri, 11am-1pm, Bowling
Green, Central Park, High St
South, E6

Caravanserai Garden Volunteering

Thurs and Sat, 11am-3pm,
Silvertown Wy, E16. For
information call 07773 863384

Community Gardening

Tues,
11.30am-2.30pm, St John's
Green Community Garden; Tues,
10.30am-12.30pm, Beckton C.C

Greenway Orchard Volunteering

Join the Green Gym and get
dug in with some gardening.
Greenway at the access point
on Boundary Rd, E13 Thurs,
11am-2pm.

Community Food Growing Project

Come and grow together in our
new community growing space.
Weds, 12-2pm, East Ham.

Foraging Walks

Cultivate an appreciation of
nature. All ages. Thurs, 6-8pm,
North Woolwich

DOORSTEP CLUBS



Call 0300 124 0123. unless
otherwise stated.

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby
School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham
Academy, 40 Cheering Ln, E20

Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam

Leisure Centre, E13. Call
07970 783526

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm,
Newham Leisure Centre, E13

Modern Amis Martial Arts

(16yrs+) Tues, 5-6pm. Call 07473
030250. Jack Cornwell C.C

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon
and Weds, 7.30-10.30pm. Tues
and Thurs, 12-1.30pm. Sun,
3-5pm, 11-15yrs, Newham
Leisure Centre, E13. £4.65

Get Back into Netball

Tues, 6-7.30pm, juniors;
7.30-9pm, seniors. £5. Lister
Community School, E13. Email:
opanetballclub@hotmail.com

Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10,
Newham Leisure Centre, E13

Fun Female Fitness (14yrs+)

Weds, 5-6pm, Newham
College, East Ham Campus,
E6 6ER. Email: sports@
newham.ac.uk

Female Only Zumba

Tues, 6-7pm, Forest Gate
Community School, Forest Ln,
E7. Thurs, 6.30-9pm, The Well
C.C, Vicarage Ln, E6. £1. Call
07741 292893; Thurs, 10.15-
11.15am, Stratford, £2.50;
Mon, Weds, 6.30-7.30pm, Asta
Community Hub, 14A Camel
Rd, E16 2DE. £2.50

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm,
Newham Leisure Centre, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25yrs)

Multi sports for disabled young
people. Weds, 5.30-6.30pm and
Fri, 4.45-6pm, NewVic, E13

Swim for Families

Dealing with Autism

Weds, 4-5pm, Balaam Leisure
Centre, E13. Call 0300 124 0123

Family Swims

Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123.

Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

RUNNING AND ATHLETICS



Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756
www.parkrun.org/beckton

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647.

Run Together

£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10.30am-12pm, Wanstead Flats (meet at corner of Capel Rd and Centre Rd). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874

Running and Athletics

Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

SPORTS



Black Arrows

Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Adult Tennis (16+)

Sat, 9-10am, 10-11am, 11am-12noon, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12noon, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: michelle.daniel@activenewham.org.uk 07741 293513

Table Tennis (14yrs+)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth Form College, E13. Call 07476 269226

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

Ascension Football

Sat, 9.15-10.45am, £3, reception to year 11. Royal Docks School, Prince Regent Ln, E16. Call 07806 584925 or 020 7511 1232

BASKETBALL



Basketball

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

NCFE Sports - Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email: sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated.

There are no meetings taking place in August.

CONTACT THE MAYOR

There are no Here to Help sessions or Telephone Surgeries taking place in August.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barking Rd, E16
Custom House Prince Regent Ln, E16
East Ham 328 Barking Rd, E6
Green Street 337-341 Green St, E13
The Gate 2-6 Woodgrange Rd, E7
Manor Park 685-691 Romford Rd, E12
North Woolwich 5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies 020 3373 6881
Community Outreach 020 337 30813
Church of God 37 Manor Park Road, E12, 020 8911 9494

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

COMMUNITY CENTRES (C.C)

Beckton Community Centre 14 East Ham Manor Wy, E6, 020 7511 1214
East Ham Market Hall Myrtle Rd, E6 1HY, 020 8471 0292
Field Community Centre 147 Station Rd, E7 020 8536 2800
Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650
The Hub 123 Star Ln, E16 020 3373 0750
Jack Cornwell Community Centre Jack Cornwell St, E12 020 8553 3459
Jeyes Community Centre 1 James Cl, E13, 020 3373 2205
Katherine Rd Community Centre 254 Katherine Rd, E7, 020 8548 9825
St Mark's Community Centre 218 Tollgate Rd, E6, 020 7474 1687
Vicarage Ln Community Centre Govier Cl, E15, 020 8519 0235
Harold Rd Centre 170 Harold Road, E13 0SE, 020 8472 2805
Queens Market Green St, E13
Rabbits Rd Institute 835 Romford Rd, London E12 5JY
Royal Docks Learning Activity Centre Albert Rd, North Woolwich, E16 2JB
St John's Green Community Garden Albert Rd, North Woolwich E16 2JB
St John's Church Broadway, Stratford, E15 1NG
St Bartholomew's Church & Centre, 292b Barking Road, E6 3BA
London Road, 1 London Road, E13 0AT
The Community Resource Centre, 200 Chargeable Lane, E13 8DW 020 3373 2697
St. Paul's Church Centre, 227 Burges Rd, E6 2EU

London Borough of Newham

COMMUNITY
NEIGHBOURHOODS

**ANIMAL
AGENTS**
SUMMER READING CHALLENGE 2017



Summer Reading Challenge – Animal Agents Fantastic **Free** events

**Come and meet some of the nation's favourite children's authors
with the team from Discover Children's Story Centre.**

**Aidan Abet, Teacher's Pet
with Guy Bass**

**Monday 14 August
2.30-3.30pm**

Beckton Library,
1 Kingsford Way,
E6 5JQ

**Spy Toys
with Mark Powers**

**Tuesday 15 August
2.30-3.30pm**

Green Street Library,
337-341 Green Street,
E13 9AR

**Tony Ross and
Jeanne Willis**

**Wednesday 16 August
2.30-3.30pm**

Forest Gate Community
Neighbourhood Centre,
6-8 Woodgrange Road, E7 0QH

**Violet and the Pearl of the
Orient with Harriet Whitehorn**

**Thursday 17 August
2.30-3.30pm**

North Woolwich Library,
5 Pier Parade, E16 2LJ



**Let's Find Fred
with Steven Lenton**

**Friday 18 August
2.30-3.30pm**

Plaistow Library, North Street,
E13 9HL

**And there are lots more events. For all our Summer Reading
Challenge information and activities go to
www.newham.gov.uk/readingchallenge**



**These events are FREE, you can book at
www.newham.gov.uk/animalagentsevents
For further enquiries please email
library.activities@newham.gov.uk**

Newham London

UNDER THE STARS

FOUR NIGHTS OF **FREE** LIVE OUTDOOR MUSIC

THURSDAY 17 AUGUST

PATO BANTON

DADDY G
(MASSIVE ATTACK)

HORACE ANDY
& MAFIA AND FLUXY BAND

TIPPA IRIE

FRIDAY 18 AUGUST

APNA
SANGEET

EPIKA DANCE TROUPE

ARJUN

FARAZ KHAN

CHAND ALI
KHAN QAWWAL

SATURDAY 19 AUGUST

THE THREE
DEGREES

RUBY TURNER

EDWIN STARR BAND
FEAT. ANGELO STARR

SUNDAY 20 AUGUST

ROYAL
PHILHARMONIC
ORCHESTRA

FIREWORKS
GRAND FINALE

Central Park, East Ham, E6 | Gates Open 6.30pm daily

www.newham.gov.uk/uts

@NewhamLondon #NewhamUTS f newhamevents

No parking on site, please use public transport. You may be searched as a condition of entry.
No glass bottles or dogs allowed on site. Programme subject to change.

Mayor of
Newham